

**Influence of Smartphone Addiction on Mindfulness and Emotional  
Regulation among Postgraduates**

*Dissertation submitted to the University of Mysore in partial fulfillment and  
requirement for the degree of Masters of Science in psychology.*

Submitted by

**Unaiza Fathima**

**P01ZZ21S0932**

**IV SEMESTER**

**GUIDE**

Dr. Sampath Kumar

**Co-GUIDE**

Dr. Chandrashakera D

**DEPARTMENT OF STUDIES IN PSYCHOLOGY**

**UNIVERSITY OF MYSORE**

**MANASAGANGOTTHRI**

**MYSURU-570006**

**AUGUST 2023**

## CERTIFICATE

This is to certify that this Dissertation **INFLUENCE OF SMARTPHONE ADDICTION ON MINDFULNESS AND EMOTIONAL REGULATION AMONG POST GRADUATES** has been prepared by **UNAIZA FATHIMA P01ZZ21S0932** in partial fulfillment of the requirement for the Master Degree in Psychology, under my supervision and guidance. The dissertation is her bonafide work.

  
07/09/2023

**Signature of the Guide**

**CHAIRMAN**  
DOS in Psychology  
University of Mysore  
Manasagangotri  
MYSORE - 570 006

  
08/09/23

**Signature of the Co-Guide**

  
07/09/2023

**CHAIRMAN**  
DOS in Psychology  
University of Mysore  
Manasagangotri  
MYSORE - 570 006



**Signature of the Examiners**

1.   
10/10/2023
2.   
10/10/2023